



## RECREATION DEPARTMENT

*The Heart of the Neighborhood*



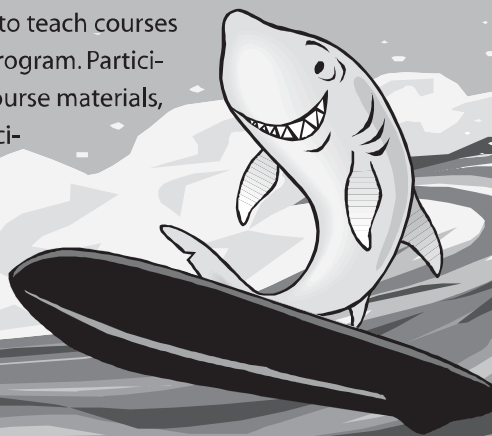
Loma Verde Family Aquatic Center • 1420 Loma Lane • (619) 691-5081

AQUATICS

# Water Safety Instructor CLASS

Activity #7901.401

This class is designed to train swim instructor candidates to teach courses in the American Red Cross Swimming and Water Safety program. Participants will develop an understanding of how to use the course materials, how to conduct training sessions and how evaluate participants' progress. This class includes the Fundamentals of Instructor Training (FIT), which is a prerequisite for all instructor level courses.



### FALL SWIM INSTRUCTOR ACADEMY LOMA VERDE FAMILY AQUATIC CENTER

|                      |          |
|----------------------|----------|
| Tuesday October 21   | 5 - 8 PM |
| Thursday October 23  | 5 - 8 PM |
| Saturday October 25  | 8 - 4 PM |
| Tuesday October 28   | 5 - 8 PM |
| Thursday October 30  | 5 - 8 PM |
| Saturday November 1  | 8 - 4 PM |
| Tuesday November 4   | 5 - 8 PM |
| Thursday November 6  | 5 - 8 PM |
| Saturday November 8  | 8 - 4 PM |
| Tuesday November 11  | 5 - 8 PM |
| Thursday November 13 | 5 - 8 PM |

\* Attendance at all dates and times is required.

### FEES: payable to the "City of Chula Vista"

\$125 Non-refundable Registration Fee

\$67 for books and supplies (due after pretesting on first class)

\*Textbooks will be distributed on the first day of class.

### REGISTRATION: Activity # 7901.401

Register on-line at [www.chulavista.gov/rec](http://www.chulavista.gov/rec) or at the Loma Verde Family Aquatic Center

Registration Deadline: October 20, 2008

Scholarships are available based on financial need. Contact Manuel Gonzalez at (619) 691-5099 for more information. Scholarship applications can also be requested at [aquatics@ci.chula-vista.ca.us](mailto:aquatics@ci.chula-vista.ca.us)

Participants must be 16 years of age by November 13, 2008 to register. This class will not teach basic level swimming skills. Candidates will need to pass a pre-test on the first class, which includes the following:

Demonstrate level 4 swimming proficiency in:

1. Front crawl 25 yards
2. Back crawl 25 yards
3. Breaststroke 25 yards
4. Elementary backstroke 25 yards
5. Sidestroke 25 yards
6. Butterfly 15 yards
7. Back float for 1 minute in deep water.
8. Tread water for 1 minute.

### DIRECTIONS:

Directions to Loma Verde: Take 805; Exit Orange/Olympic Parkway and turn west; Turn right on Loma Lane; the Aquatic Center is located at the end of Loma Lane.

\$50 rebate for participants that successfully complete the course; submit an application and tryout/interview for employment with the City of Chula Vista.

